

Nutrition Education for Wellness • Healthy Meetings Project



Did you participate in the Healthy Meetings workshop or view the Healthy Meetings website? **YES** **NO**

Thinking back to the last 3 meetings you attended, please complete the table below.

| | Meeting 1 | | | Meeting 2 | | | Meeting 3 | | | | | |
|--|-----------|--------|---------|-----------|----|--------|-----------|-----------|----|--------|---------|-----------|
| How long was the meeting? | | | | | | | | | | | | |
| How many people attended the meeting? | | | | | | | | | | | | |
| Were the following foods and beverages <i>available</i> at each meeting? (✓ boxes) | NO | YES | | | NO | YES | | | NO | YES | | |
| | | 1 type | 2 types | 3 or more | | 1 type | 2 types | 3 or more | | 1 type | 2 types | 3 or more |
| Water | | | | | | | | | | | | |
| Fruits and/or Vegetables | | | | | | | | | | | | |
| Whole grain foods | | | | | | | | | | | | |
| High sugar or high fat foods, such as chips, regular soda, pastry | | | | | | | | | | | | |
| Reduced fat/sugar/salt foods, such as non-fat dip, diet soda, low-fat crackers | | | | | | | | | | | | |

| Please respond to the following statements. (✓ one box for each statement) | 6 to 7 days per week | 3 to 5 days per week | 1 to 2 days per week | Less than 1 day per week |
|---|----------------------|----------------------|----------------------|--------------------------|
| I eat whole grain foods. | | | | |
| I eat a variety of fruits and vegetables. | | | | |
| I choose lower-fat, lower-calorie foods. | | | | |
| I choose <i>whole</i> foods whenever possible. | | | | |
| I drink water throughout the day. | | | | |
| I wash my hands before handling food or eating. | | | | |
| I serve hot foods <i>hot</i> and cold foods <i>cold</i> . | | | | |
| I am physically active for 30 minutes. | | | | |